血管纹功能障碍与年龄相关性听力损失的研究进展

王珊珊,洪玉,谌容

杭州师范大学公共卫生学院

摘要:年龄相关性听力损失(Age-related hearing loss, ARHL)是由内耳异常引起的人类常见感觉障碍。血管纹(stria vascularis, SV)是一种主要的耳蜗结构,可以独立退化并影响听力。本文旨在综述血管纹与年龄相关性性听力损失关系的研究进展,重点关注血管纹在不同病因下所致年龄相关性听力损失的文献,这些病因包括活性氧与炎症,血管损伤,线粒体功能改变,基因缺失等方面。尝试从细胞和分子生物学水平上探索其机制。

关键词: 年龄相关性听力损失; 血管纹; 血管损伤; 活性氧; Na+/K+-ATPase

Research on the Effect of Vascular Stria Dysfunction and Age-related Hearing loss

Wang Shanshan Hong Yu Shen Rong

School of Public Health, Hang Zhou Normal Univerity

Abstract: Age-related hearing loss is a common sensory disorder in humans caused by abnormalities in the inner ear. Vascular striae are a major cochlear structure that can independently degrade and affect hearing. This article aims to review the research progress on the relationship between vascular striation and age-related hearing loss, focusing on the literature on age-related hearing loss caused by vascular striation under different etiologies, including reactive oxygen species and inflammation, vascular damage, mitochondrial function changes, gene deletion. Try to explore the mechanism from the cellular and molecular biological level.

Keyword: age-related hearing loss; stria vascularis; vascular damage; ROS; Na+/K+-ATPase

1、年龄相关性性听力损失

年龄相关性听力损失(Age-related hearing loss, ARHL)也称为老年性听力损失,是指随着岁数的增加而慢慢出现的听觉系统功能障碍,影响着世界上 ro%以上的人口,在老年常见疾病中排名第二,也是全球第三大流行疾病[1-4]。ARHL是一种进行性、不可逆性和对称性的双侧神经感觉性听力损失,首先影响高频段,随着年龄的增长频段逐渐降低,最终发展为全频段[5-6]。

预计到 2050 年,全球轻度至完全听力障碍的人数将增加到 24.5 亿,这其中绝大多数是年龄相关性听力损失^[7]。老年性聋还会导致老年人社交退缩,抑郁,焦虑以及认知能力下降及痴呆 ^[8]。老年人及其他哺乳动物内耳的退行性变化发生在感觉毛细胞、感觉神经元或 SGCs 以及血管纹和螺旋韧带细胞之间^[9-11]。

2、血管纹

2.1 血管纹的生理学

血管纹(stria vascularis, SV)是一种高度血管化的组织,排列在耳蜗侧壁的内侧,由三种主要细胞类型组成,即边缘细胞(marging cell, MC)、中间细胞(intermediate cell, IC)和基底细胞(basal cell, BC),每一层执行特定的功能。此外,血管纹还具有一个特殊分化的毛细血管网——血迷路屏障(blood-labyrinth barrier, BLB),其结构包括内皮细胞(endothelial cells, ECs)、基膜(basement membrane, BM)、周细胞(pericytes, PCs)及血管周围巨噬细胞样黑色素细胞(perivascular resident macrophage-like melanocytes, PVM/Ms)。在发育过程中,SV

的细胞层来源于不同的细胞谱系。边缘细胞来自于耳部上皮,基底细胞是在边缘细胞和中间细胞层形成之后由耳部间质形成的^[12,13]。

边缘细胞通过紧密连接形成血管纹的最内层,暴露于内淋巴,负责钾和其他物质主动运输到内淋巴中^[14]。中间细胞层包括 BLB,它们含有大量的 Kir4.1 离子通道可以促进 K+转运。基底细胞层通过连接蛋白与螺旋韧带纤维细胞结合,负责从外淋巴中回收钾和其他分子,并控制离子流入 SV,防止离子在耳蜗腔之间渗漏^[15]。

血管纹通过维持耳蜗内电位差产生听力功能,这是毛细胞转导信号过程所必需的。首先,血管纹中的离子转运蛋白在中阶内淋巴和鼓膜的外淋巴之间进行活性钾离子(K+)循环。这使内淋巴保持在高钾(~157mM),低钠(~1.3mM)的状态,与低钾(~4.2-6.0mM),高 Na(~141-148mM)的外淋巴状态形成强烈反差[1415]。这种反差使得耳蜗淋巴液之间产生+80-100mV的电位差,称为耳蜗内电位差[16]。当声波刺激毛细胞静纤毛中的机械门控 K 离子通道时,这些通道允许钾离子的流入和毛细胞的去极化[17]。随后,电压依赖性 Ca²+通道被激活,允许Ca²+流入以及神经递质的释放,产生发送到大脑的信号[16,18]。一旦毛细胞去极化,K+就会离开毛细胞并被螺旋韧带的纤维细胞吸收[19]。之后紧密连接蛋白如 claudintr,将 K+转运到 SV 中,SV 的离子通道如 Kir4.1 则负责将 K+运输回内淋巴,这种 K+循环可确保听力功能正常。

2.2 血管纹的耳蜗血迷路屏障

血管纹含有耳蜗血迷路屏障(blood-labyrinth barrier BLB), BLB 通过紧密连接、膜屏障和化学作用控制离子、液体和营养物从血液循环进入血管纹[20]。

BLB 内存在约 1220-1300 个周细胞(PCs),其含有很多足突,紧贴在血管纹毛细血管壁,并嵌入到基膜内^[21]。PCs 含有丰富的结蛋白,这是一种中间纤维蛋白质,能提高毛细血管网的物理弹性并增强细胞构架机械强度^[22]。RT-qPCR 和免疫组化结果表明血管内皮生长因子亚型A165(VEGFA165)对周细胞的功能尤其重要。因为周细胞在维持血管纹完整性方面发挥关键

作用,所以 VEGFA₁65 可能是预防由 SV 损伤而导致的听力损失的治疗靶点^[23]。其他潜在靶点包括 Zona Occludens-₁ (ZO-₁)和 VE-cadherin,它们是周细胞表达的紧密连接蛋白,与 BLB 内皮细胞完整性相关^[24]。

多数观点认为血-迷路屏障内含有的血管周围常驻巨噬样色素细胞(PVM/Ms)在血管纹的功能中也起到一定作用^[25]。PVM/Ms 起源于耳蜗神经嵴黑色素细胞,随着发育迁移至耳蜗血管纹 ^[26]。PVM/Ms 具有黑素细胞的特性,因为其内含有大量的黑色素和表达黑素细胞标记蛋白,例 如谷胱甘肽 S-转移酶 α 4 (Gat α 4) 和 Kir4.I,后者为中间细胞的标记蛋白^[27]。而黑色素可以通过缓冲钙、清除重金属、外源蛋白质及脂质、促进抗氧化活性而维持组织稳态^[28]。

3、血管纹在老年性听力损失中的作用

如前文所述,耳蜗内电位差是由血管纹细胞产生的,并且是传导电流和声音信号放大的能量来源^[20]。内淋巴的钾离子通过毛细胞后不断循环回到螺旋韧带和血管纹,然后再回到内淋巴 ^[50,31]。这种电流驱动是外层毛细胞的电动力^[32]。这种电动力就像一个放大器,它在耳蜗的底回(高频区)能将声音信号放大 50~70dB,在耳蜗的项回(低频区)放大约 20dB。所以传导电流和耳蜗电位差的缺失对高频听力的影响最大,而老年性听力损失最突出的临床表现就是高频听力损失。由此可知,血管纹功能障碍或许是老年性耳聋的重要因素。

Natalia Trpchevska 等人对 723, 266 名欧洲个体的全基因组关联 meta 分析强调了血管纹在 听力损失中的作用。当分析螺旋神经节神经元(Spiral Ganglion Neuron, SGNs)和耳蜗侧壁细胞(血管纹细胞)的基因富集时,LDSC(线性回归分析)显示血管纹的梭形细胞和外沟的根细胞参与了老年性听力损失的发病过程,而 MAGMA(基因及通路分析)分析强调了血管纹基底细胞也参与了老年性听力损失的过程^[33]。

对老年性聋患者的颞骨组织进行体外解剖,发现其血管纹萎缩、BM 增厚、免疫球蛋白增

加以及层黏连蛋白沉积^[s4]。在老年动物中发现相似的结果,在幼龄 C₅₇BL/6 小鼠中 PVM/Ms 具有明显长足突,且与血管纹毛细血管紧密连接;然而在老年小鼠中,PVM/Ms 足突变短;在 21 月 龄小鼠中 PVM/Ms 为扁平状且已经变形,与毛细血管接触减少^[21]。老年 C₅₇BL/6 小鼠^[21]中还 观察到血管纹中的 PCs 和 PVM/Ms 分布密度明显降低,PCs 细胞器减少,外观成液泡状,与 ECs 分离,伴随血管纹明显的形态学改变^[21]。

Carraro 等人[55]研发了一种局部腐蚀铸造法,以进一步研究内耳血管系统。通过观察老年性 聋小鼠的 SV,发现基底转弯的血管纹明显异常,但螺旋韧带处血管正常,这表明早期年龄相 关性听力损失的病变开始于 SV 水平。有研究表明,在毛细胞受到损害,甚至完全缺失时,血管纹的形态及功能依然可以保持正常,其生成及维持耳蜗内电位的能力没有因为毛细胞的缺损而受到影响[56]。而耳蜗血管纹不能正常发育时,耳蜗不能产生正常的耳蜗电位差,外毛细胞会出现进行性凋亡,同时听力也完全丧失[57]。一项研究还发现 D-半乳糖致豚鼠衰老模型中耳蜗血管纹周细胞 BKCa通道功能的下调可能会导致 PCs 的舒缩功能障碍,从而影响血管纹血迷路屏障的通透性而引起老年性听力损失[58]。这些发现都证明了血管纹在年龄相关性听力损失中的作用。

4、血管纹功能障碍的机制

4.1 活性氧与炎症

活性氧(ROS)是氧的代谢副产物,包括过氧化物,超氧化物,羟基自由基等。在特殊情况(例如,紫外线或热暴露)下,ROS 水平会急剧增加。这可能会对细胞结构造成严重损害,被称为氧化应激^[39]。氧化应激可以导致细胞内的氧自由基和其他活性氧化物质的增加,这些物质可以激活炎症反应,引起炎症细胞的浸润和炎症介质的释放。炎症反应是机体对于感染、组织损伤等刺激产生的一种非特异性免疫反应^[40]。

在血管纹内,线粒体有氧代谢产生大量的 ATP 维持 Na+/K+ATPase 活性,同时产生 ROS。

随着年龄增长,血管纹内 ROS 增多造成的损伤积累,引起线粒体 DNA 的突变[4]。

研究发现抗氧化酶表达减少会导致血管纹萎缩和 SGCs 变性,加速听力功能障碍^[42]。例如铜/锌超氧化物歧化酶(SODr),它是一种抗氧化金属酶,能够催化超氧阴离子自由基歧化生成氧和过氧化氢,保护细胞免受超氧化物和羟自由基的损伤。SODr 的缺乏会影响小鼠听力,而过度表达 SODr 可通过减少耳蜗细胞受到自由基损伤而减少与年龄相关的听力损失^[42]。此外血管纹含有的过氧化氢酶和谷胱甘肽过氧化物酶,可以降低年龄相关性听力损失的发生^[43]。

先前的文献表明,听觉系统中发生炎症可能是导致 ARHL 的原因之一[44.45]。耳蜗的侧壁即血管纹及螺旋韧带所在的位置是炎症发生的常见部位[46],而这些部位容易发生炎症是因为血管纹血迷路屏障的渗透作用。血迷路屏障的血管周围驻留巨噬细胞样黑色素细胞(PVM/Ms)通过紧密连接屏障释放促炎因子[47]。当炎症细胞因子诱导炎症/免疫反应时,PVM/MS负责控制屏障的通透性,因此 PVM/Ms 细胞对于听觉系统中炎症的调节至关重要。

4. 2Na+/K+-ATPase 及线粒体活性

Na+/K+-ATPase,也就是钠钾泵(Sodium-Potassium Pump),又称钠泵,是在细胞膜上存在的一类特殊蛋白质,可以分解 ATP 产生能量,并通过该能量实现对 Na+,K+的能量主动转运。Na+/K+-ATPase 的主要功能是调节细胞膜内外的 K+,Na+离子的浓度差,并保持细胞内外的正常渗透压。

血管纹细胞,毛细胞和神经元都含有高浓度的线粒体^[48,49]和 Na+/K+-ATPase^[50]。因为内耳细胞需要利用能量来维持血管纹产生的内耳蜗电位,以协助外毛细胞的运动,进行突触活动,并维持 SGNs 中听觉神经元的自发驱动放电。

对老年沙鼠血管纹和螺旋韧带的观察发现,这些组织中 Na+/K+-ATPase 的活性降低,血管纹功能变性、血流量减少 $[s_1]$ 。在老年 CBA/CaJ 小鼠中,Na+/K+-ATPase 表达降低了 80%,

并且血管纹萎缩^[50]。此外,对于老年性聋引起的听力损失患者,也发现血管纹中的 Na+/K+-ATPase 活性显著降低,但这种变化也可能是由于整个耳蜗的血管纹萎缩^[52]。可以推测 Na/K-ATPase 表达减少会导致血管纹萎缩,这个问题仍需要通过实验来解决。

Lyu 等人在老年 SV 中观察到受损的线粒体,具有杂乱无章的畸形嵴和细胞色素 C 氧化酶 (cytochrome c oxidase, COX)水平降低,表明线粒体形态损伤和功能障碍^[53]。Spicer 认为,血管纹细胞内线粒体的氧化损伤导致 ATP 产生减少,这反过来又降低了 Na+/K+-ATPase 活性,从而影响血管纹的正常功能,导致 EP 降低和听觉阈值升高^[58]。

4.3 血管损伤

由于耳蜗具有单一的动脉供应系统,侧支血管很少,当 SV 的单支动脉阻塞时,SV 只能从相邻的分支小动脉接收血液供应。这种特殊的结构和代偿性侧支系统,使得耳蜗对血管变化高度敏感[54]。

糖尿病和高脂血症都是随着衰老而出现的常见的健康问题,长期以来,很多文献都证明了糖尿病和高脂血症与老年性听力损失的因果关系[ss]。而背后的机制与高血糖和高血脂会导致血管变性有密切关系性[56-s9]。

临床研究中发现糖尿病患者的耳蜗血管会发生变化,包括基底膜增厚,血管壁显著扩张,SV 萎缩,以及毛细胞和 SGNs 的缺失[6o],从而导致轻度至重度听力损失[6i,62]。Lee 等人在糖尿病小鼠模型中证明,糖尿病导致 SGNs 凋亡,线粒体损伤,以及 SV 厚度的萎缩,然而在IHC,OHC 中没有观察到显著差异[63]。Nguyen PTT 的研究中证明糖尿病通过 SV 中 SGNs 和细胞的凋亡使患有糖尿病的 ApoE KO 雄性小鼠的 ARHL 恶化[64]。

高脂血症会增加血液粘度并损伤血管^[65]。增加的血浆脂质会在耳蜗附近的小动脉中产生脂质沉积物并损害耳蜗神经细胞,随后阻断发送给大脑的听觉信号。胆固醇水平增高会导致血管

壁的动脉硬化和管腔变窄,耳蜗的缺血性损伤也会导致血管纹结构和功能破坏^[66]。此外,活性氧(ROS)在血脂异常条件下会迅猛增加,导致线粒体功能障碍和细胞凋亡^[67,68]。

同型半胱氨酸(HCY)是一种含硫氨基酸,是蛋氨酸代谢的中间产物。同型半胱氨酸浓度升高时,其形成的超氧化物和过氧化物可引起毛细血管内皮细胞损伤以及低密度脂蛋白氧化,从而引起血管平滑肌的持续性收缩以及缺氧,导致动脉粥样硬化[60]。SV密集的的毛细血管网络使其在高同型半胱氨酸血症的情况下特别容易受到损害[70]。一项大型的美国横断面研究分析了血清叶酸、维生素 B12 和同型半胱氨酸水平与 ARHL 之间可能存在的相关性。研究结果表明,血清同型半胱氨酸升高和血清叶酸降低的个体患 ARHL 的风险更高。其中的病理原因已经在小鼠模型中进行了研究,结果发现饮食中缺乏叶酸引起的同型半胱氨酸水平升高会导致 SGNs,SV 和螺旋韧带出现损伤,包括氧化负荷增加,细胞凋亡[71]。

神经乳蛋白-r(Nrpr)是一种在心血管和神经元发育过程中活跃的跨膜受体[rd]。Nrpr与神经乳蛋白/信号素 3A(Semaphorin3A,Sema3a)信号通路相关,Sema3a 充当 Nrpr 的配体。该通路影响血管内皮生长因子和轴突的发育,对内耳神经元和血管纹的正常发育至关重要[rd]。Nrpr 敲除的小鼠会患有内耳微血管和神经元发育异常,包括 SGCs 密度逐渐降低和血管纹血管扩张。Pezhman Salehi 等人构建了内耳特异性 Nrpr 条件敲除(Nrp CKO)小鼠。在出生后第 5天,Nrpr CKO 小鼠开始呈现出紊乱的螺旋韧带和扩张的 SV,但 SGNs 密度和突触前带状体计数正常。4个月大的 Nrpr CKO 小鼠外毛细胞区域的 SV 血管扩大,SGNs 密度降低,突触前带减少。此外,与 2个月大的小鼠相比,4个月大和 r 个月大的 Nrp4 CKO 小鼠在 32至 2kHz 的频率范围内听力阈值均升高。这些数据表明,内耳 Nrpr 的条件性丧失会导致小鼠进行性听力损失[rd]。

4.4 基因缺陷

许多基因在血管纹的生长发育中都起着重要的作用。MED₁₂ 是多蛋白介体复合物的成员,在血管中有表达^[74]。分子遗传学研究表明,MED₁₂ 种系突变可引起家族性遗传性疾病,部分患者出现血管结构异常(如动脉瘤)^[75],提示 MED₁₂ 在血管发育中的作用^[76]。Teng-wei Huang等人发现 Med₁₂ 基因通过调节 ZO-1,Ecad 和 Cx₃₁ 的表达,维持血管纹的完整性^[77]。此外,Med₁₂ 的缺失会改变基底细胞和螺旋韧带之间的细胞粘附,从而阻碍内淋巴的正常产生,并最终导致毛细胞声音转导功能的障碍^[77]。

小眼畸形相关转录因子(MITF-M)是黑色素细胞增殖和分化的关键基因^[78]。Mitf-M基因突变在多种物种中会引起一系列的表型变化,尤其是在色素细胞中,导致眼的色素缺失及小眼畸形。人类 Mitf-M 基因表达缺失会引起 Waardenburg 综合征 II 型,该类型的患者表现为先天性白内障和神经性耳聋^[79]。在猪和小鼠的动物模型中发现缺乏 Mitf-M 基因会导致黑色素细胞不能迁移到耳蜗血管纹,从而影响耳蜗内电位差的产生并引起毛细胞损伤^[80]。

ApoE 是一种脂质结合蛋白,是中枢神经系统中的主要脂质和胆固醇载体,负责携带脂质和胆固醇进行运输和代谢^[81]。ApoE-KO 小鼠内耳出现功能和形态学改变^[82],可能是 ApoE 通过影响细胞膜转运蛋白基因 Slc7a8 和 Slc6ar9 的表达来调节细胞内谷氨酸含量和 REDOX 平衡,所以 ApoE-KO 小鼠耳蜗毛细胞容易发生凋亡^[82]。在 ApoE-KO 小鼠中,动脉粥样硬化在全身大动脉中发现,也在小动脉中发现,如耳蜗内的血管纹^[83,84]。这些病理变化可能在ApoE-KO 小鼠中发现的听力损失中起作用^[85]。

Slc26a 基因负责外毛细胞的电动性, 敲除或损伤会导致严重的听力损失^[86]。T. lto 等人的结果表明, Slc26a 基因缺陷小鼠不可逆的进行性听力损失主要是由血管纹的变性和功能丧失引起的^[87]。

5、讨论

血管纹对听力有至关重要的作用。它严格调节耳蜗内淋巴液的离子组成,产生声音转导所需的耳蜗电位差,同时还通过提供免疫监测和维持 BLB 来保护耳蜗。

耳蜗体积小、易碎,包裹在位于颅骨深处的骨头中,使其难以解剖和研究。尽管如此,在目前的研究中已经初步探讨了血管纹损伤导致老年性听力损失的机制,例如线粒体损伤,血管环境改变,基因缺失等,为靶向血管纹预防老年性听力损失提供了许多参考。随着显微成像技术的发展和分子生物学实验技术的改进,有了更多方法可以充分了解血管纹在老年性听力损失发病机制中的作用,这将有望在未来对老年性听力损失的预防、早期诊断和长期治疗有所帮助。

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